



Sally Aderton's Five Steps of Forgiveness

As we heal ourselves, we heal the world!

The key to peace in our bodies, emotions, minds, and souls is the ability to forgive. The definition of forgiveness is to "give over, let go." This is the process of surrender. All of us as human beings are taught by our culture that by holding on we can control our lives, the lives of others, and our creations. The opposite is really truth. It is by letting go that we move into faith. Faith allows us to end our separateness and merge with something greater than ourselves.

Life is a co-creation with God. It is by this ability to touch the eternal we can then know peace. Peace abides in the state of balance, grace, and harmony that is love. The basis of all healing is ending separation. By embracing the pain with love we merge and unify ourselves. To heal means to be in balance with the wholeness of love that we truly are.

My philosophy has always been that as we heal ourselves we heal the world. Life is an external reflection of the inner landscape. We are given free will, the power to choose. When we adopt – for even perspective we get to choose – the truth that we are actually all one consciousness and co-creators of our world, there is no other choice than to mend the illusion of separation. Love does that.

It is easy to love the positive in others and ourself. The awakened consciousness knows that if Everyone and Everything is God, then we must find our reckoning with the negative people, events, and behaviors that cause pain. Forgiveness is a path to that peace and this process effectively guides conflict back to compassion.

Go forward with courage!

Step 1) **Ownership**

If we do not claim our issues and concerns we cannot let them go. Definition gives us the power to develop a relationship to the situations that cause pain. The more specific we can be in the definition of a situation, the more clear the healing. If we do not own it, we do not have the control to give it away. In this relationship to our own issues, we do have control! We must own our pain.

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Step 2) **Empathy**

In order to let go of blame, guilt, regret, anger, or fear we must know the perspective that created separation from ourselves and what ever we are forgiving. This is true from individuals, aspects of ourselves, groups, and whomever we project the responsibility of moving us out of our personal power and peace. We must see from their eyes the situation to bridge the separation. This ends the illusion of separation and compassion occurs.

Step 3) **Release**

Letting go, forgiving, releasing not only the belief but also the product of conflict, emotion, is necessary to re-pattern our behavior. Energy from our spirits, which manifests in form through emotions, creates the response toward experience. The essential nature of energy is movement, thus, e-motion. Forgiveness is only possible when the energy is released and transformed. The best way to release the energy is tears. It is the nature stress reducer for the body.

However, any creative action can also help to let the energy go. Talking, writing, painting, drawing, dancing, singing, sweating are all ways to shift the vibrations that manifest in us as anger, sadness, grief, depression, shame, guilt, regret, blame and fear. We have to let go in the physical because the energy is in our body. If we do not, we create disease and illness from the repressed feelings.

Step 4) **Understanding**

We are not victims to any experience in the greater truth. Keeping ourselves, and others, accountable to our actions keeps the truth in the process of being able to let go of what inhibits us from being free. Learning and service are the basis for the human condition. Every situation can be reduced to how it helped us learn about love and how it served the greater mysterious Universe. Wisdom comes from being able to understand that everything serves us in some way. Finding out how it serves makes it easier, again, to let go.

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Step 5) **Change**

The final step in forgiveness is change. We must change our energy, our attitude, our understanding, our behavior and move on. In the eternal truth our spirits are energy which is constantly seeking freedom. Forgiveness allows us to be free. The balance of movement and stillness, therefore healing, is possible when we change. The change must happen physically, emotionally, mentally, and spiritually to be complete. Moving in the circle of dark to light, chaos to control, pain to love is the circle of life. This is the change of every moment of our living experience. Change and love are the only constant states in the Universe.

Forgiveness brings us into the eternal truth where there is peace for our freedom seeking spirits. In each moment we must surrender the past for the future. By forgiving ourselves, and those whom we hold accountable, for our pain we can move into infinite possibility. Joy abides in this place of freedom. As the saying goes:

"Let go, and let God!"

To help learn the Steps to Forgiveness please follow the additional written script as a guide. I know that we do have the power within to heal our life from anything and it is love.

Step 1) **Ownership**

I am:

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Step 2) **Empathy**

I feel you:

Step 3) **Release**

I let go of:

Step 4) **Understanding**

I understand this happened in my life story to teach me:

Step 5) **Change**

I now believe:
